



Local Food For Schools

BLUEBERRIES

Promotional Resources

Fun facts

- Blueberries are low in calories and high in vitamin C and manganese, as well as polyphenols.
- Washington is the leading producer of organic blueberries.
- The silvery sheen found on the skin of blueberries is a naturally occurring compound that helps protect the fruit. This why you should only wash blueberries right before you're going to eat them.
- The blueberry is one of the only foods that is truly naturally blue in color. The pigment that gives blueberries their distinctive color—called anthocyanin—is the same compound that provides the blueberry's amazing health benefits.

Know your Farmer

Northwest Berry Cooperative Everson, WA,

Northwest Berry Co-op is a cooperative of local farmers located in the heart of Everson, WA. Their growers bring several hundred years of combined experience together to produce the finest and freshest U.S.A. grown red raspberries and blueberries. Their goal is to work alongside their local farmers to deliver the highest quality of berries from the farm to your table.



Educational Resources

Food nutrition and education activities can further reinforce Farm to School efforts made in the cafeteria. The following resources were compiled to help your school increase students' knowledge of healthy eating and where food comes from.

- [Grab a Boost of Blue – The Importance of Blueberries](#)
- [Washington Grown Harvest of the Month](#)
- [Whatcom Harvest of the Month - Blueberries](#)
- [Whatcom Farm to School – Blueberry Facts](#)
- [Food Hero – Blueberry Basics](#)
- [Oregon Harvest for Schools – Blueberries](#)
- [WSU Extension – Fresh From the Farm – Blueberries \(Spanish\)](#)
- [WSDA Flyer – Blueberries](#)



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